

SENIOR Scoop

The publication for and about the active generation of Davis County

Stay well by managing your medicines

Older adults often face a double whammy when it comes to medicine. They're more likely to use medications than younger people, but they're also more likely to experience harmful side effects.

In fact, every year, one in three adults aged 65 and older has one or more harmful reactions to

a medication, according to the American Geriatrics Society. It happens because older adults are more likely to take multiple medications for multiple conditions – all at the same time. This can be confusing and lead to harmful interactions. Also, many seniors who live on a fixed income

have trouble paying for all of their medicines, making it difficult to stay on track.

If you take one or more medications, it's important to manage them wisely to stay healthy and safe. Here are six tips to keep in mind:

1. Be informed about all the medications you're taking.

All drugs are potentially harmful – whether they're prescription medicines or over-the-counter products such as herbal supplements, vitamins, minerals, antacids, sleep aids, and laxatives. Keep an up-to-date list of all of your

medications. Share it with your doctor and pharmacist and have them review it for potential drug interactions.

2. Use one pharmacy and talk to your pharmacist often.

Your pharmacist is a great

■ See "MEDICINE" p. S2

Don't let arthritis dampen your summer activities

Summer: It's the best time of year to get outside and get moving – a combination that can work wonders for arthritis.

But warm weather also poses special challenges for people living with arthritis. To help you have fun and stay healthy, here are some tips for enjoying the long, sunny days ahead:

Get Out

- A little time in nature can relieve stress and ease pain.
- People taking nonsteroidal anti-inflammatory drugs (NSAIDs) could develop a temporary increased sensitivity to sunlight. Take special care to cover up and wear sunscreen.
- On the hottest days, choose the early morn-

ing and evening hours for your excursions – and stay hydrated.

Get Moving

- Try a joint-gentle water workout at the beach or pool.
- When the temperature soars, head to the mall for an air-conditioned walk.

Feel Your Best

- Take advantage of fresh fruits and veggies to reduce inflammation.
 - Because people with autoimmune forms of arthritis are at increased risk for food-borne illness, learn to protect yourself even as you enjoy the tastes of summer.
- Contributed by the Arthritis Foundation, arthritis.org

Seniors luau to the beat



PROFESSIONAL TONGAN DANCER, Mele Titili, performs for the audience during July's Luau dinner-dance held at the Golden Years Senior Activity Center for all seniors 60 and older. The packed house enjoyed Tongan entertainment, an authentic roasted pig and other Luau goodies and a band for dancing. To add to the fun, many of the guests wore their favorite Luau clothing!

Courtesy photo by Golden Years staffer

Learn to eat well for your age

Healthy eating is important for everyone. But it can be even more critical as you age, especially if you're living with a chronic condition.

Evidence shows that good nutrition gives you more energy and endurance and plays a critical role in preventing and managing conditions such as heart

disease, cancer, diabetes, and obesity.

Unfortunately, nearly 4 million older adults today are food insecure – meaning they lack the means to purchase nutritious food. Here are some tips that can help you know what food you need and how to pay for it.

Make Your Calories Count

How many calories your body needs as you get older depends on both your age and your level of activity.

According to the National Institute on Aging (NIA), a moderately active woman over age 50 should consume about 1,800 calories

a day to stay at her current weight. For an older man, that number is 2,200 to 2,400. Examples of moderate activity include walking, dancing, and swimming.

Just like at younger ages, it's important to get your calories by eating a variety of foods from the five food

■ See "HEALTHY" p. S2



Davis
COUNTY

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All issues of Senior Scoop are available at daviscountyutah.gov/senior_scoop.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>August</h1>			1 AG – **Attorney Available Edward Jones 11:30 GY – Caregiver Class 11:30 ND – Foot Doctor 9	2 AG – Crazy Auction by Jacki 11:30 Movie 12 GY – Tai Chi 9:30 ND – Arthritis Exercise 9	3
4	5 AG – Special Bingo 12 Caregiver Respite 1 GY – Soft Aerobics 8:30 ND – **AARP Driving Class 10	6 AG – Doodle Art Class 10 Shopping 12 GY – Artesian Health & Wellness Class 12:30 ND – “The Oldies” Perform 11	7 AG – Water Color 9:30 Blood Pressure 11 GY – Caregiver Respite 1-4 ND – Virtual Tour of Germany 11:30	8 AG – **Attorney Available **AARP Driving Class 10 GY – Bill Curtis Band 10:30 Shopping 12:30 ND – 1950s Movies 11:30	9 AG – Choir Performance 10:45 GY – Old Time Combo Band 10:30 ND – Computers 9 Ceramics 12	10
11	12 AG – Edward Jones 11:30 Tai Chi 2:30 GY – Senior Tap 8:15 Yoga 10 ND – Foot Massages 1	13 AG – SDHHH Presentation 11:30 Dementia Support 3:30 GY – Alzheimer’s Support Group 3:30 ND – Lapidary 8:30	14 AG – Free Manicures 10:30 Healthcare Reform 11:30 GY – Blood Pressure 10 ND – Art 9 Texas Hold ‘Em 12	15 *Senior Day at Davis County Fair AG – Arts & Crafts 10 GY – Lapidary 8 Shopping 12:30 ND – Popcorn Trivia 11:30	16 AG – Choir Practice 10:15 Movie 12 GY – Soft Aerobics 8:30 ND – Music Trivia 11:30	17 Davis County Walks 5K
18	19 AG – Bingo 10:30 Caregiver Respite 1 GY – Arthritis Exercises 12:30 ND – Edward Jones 11:30	20 AG – Social Services 11 GY – Sit n’ Fit 8:30 Pinochle 1 ND – Line Dancing 1	21 AG – **Water Exercise 9 Blood Pressure 11 GY – Single’s Social 11 ND – Ask a Nurse 11:30	22 AG – Tai Chi 9:45 Games 10 GY – Strength Training 10:30 Zumba Gold 4 ND – Arthritis Exercises 9	23 AG – Lapidary 8 Music Therapist 11:30 GY – Stained Glass 9 ND – Texas Hold ‘Em 12	24
25	26 AG – Lifetime Fitness 9 GY – Line Dancing 10 Bingo 12:30 ND – Health Tips 11:30	27 AG – Tai Chi 9:45 Square Dancing 12:30 GY – **Pioneer Museum & Lunch ND – Shopping 12:15	28 AG – Bingo 10:30 Line Dancing 1 GY – Line Dancing 10 ND – Trivia of the Day 11:30	29 AG – Lifetime Fitness 9 Chi Qong 10:30 GY – Arthritis Exercises 12:30 ND – Knit & Crochet 12:15	30 **AG, GY, ND Aug. Birthday Party AG – Bingo 10:30 GY – Water Color 9 ND – Bingo 12:15	31
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	

Healthy

Continued from p. S1

groups – including whole grains, fruits and vegetables, and lean protein and dairy – and limiting solid fats and added sugars.

Find Help Paying for Food

For some seniors, especially those who live alone on a fixed and limited income, it can be difficult to shop for and afford fresh food on a regular basis. The good news is that there are many programs that can help:

- The Supplemental Nutrition Assistance Program (SNAP) helps people with limited incomes afford nutritious food, but very few older adults take advantage of it. In fact, two out of three seniors who are

eligible for SNAP are not enrolled in the benefit. For Utah, the program is called Utah Food Stamps Program. Contact the state hotline at (866) 526-3663 for more information.

- Older Americans Act Nutrition Programs provide millions of meals each year to older adults at senior centers and in their own homes. For information on Meals on Wheels Program in Davis County, call 801-525-5050.

- The Commodity Supplemental Food Program provides some vegetables, fruits, grains, beans, and canned meats to older adults to supplement their own food. For more information on this program in Utah, call 801-538-6026.

- Compiled by Davis County staff writers and the National Council on Aging, ncoa.org

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Medicine

Continued from p. S1

resource. He or she can help you keep track of your medications and check for drug interactions among them. Ask your pharmacist questions about your medications. If your pharmacist is busy, schedule a time to come back when it’s less busy.

3. Understand and pay attention to possible side effects.

Some medications can cause troublesome side effects, especially in older adults. Examples include dizziness and drowsiness that could lead to a fall; stomach upset, diarrhea, or constipation; blurred vision; dry mouth; and fatigue or lack of energy. Know what to expect, how long the side effects may last, what to do when they occur, and when to contact your doctor. In some cases, your doctor may tell you to stop taking the medication, but never stop taking a medication without first speaking with your doctor.

4. Store your medicines safely.

Medications should be stored in a cool, dry and dark location. Humidity in the bathroom can alter a medication’s effectiveness. Keep medicines where you’re likely to see them every day, and link taking them with other daily activities such as eating or brushing your teeth. Go through your medicine cabinet regularly and discard any expired medications.

5. Take your medication as prescribed.

Medication adherence, as prescribed by your doctor, is important for good health. Make sure you understand how to take each of your medications safely.

6. Find help paying for medicine.

Managing medications can be difficult when the cost of your drugs is high. If you’re having trouble paying for your prescriptions, Davis County Senior Services has a Prescription Assistance Program that may be able to help. Contact Joann Berzett at 801-525-5082 for more information.

-Compiled by Davis County staff and the National Council on Aging, www.ncoa.org

Celebrate in style

AL BRIGGS, 94, AND GEORGIE

FORBES, 95, are good friends at Golden Years Senior Activity Center. As part of their birthday celebration, Georgie’s grandson and wife decorated a birthday table for them and provided lunch from Joy Luck for the entire center. “Georgie and Al are icons here,” said the center’s director, Karen Henderson. “They are both so cute. They really keep each other going. Everyone here loves them.”

Courtesy photo by Golden Years staffer



Legacy House is a proud sponsor of The Promise Garden

An organization committed to ending Alzheimer’s



3 WAYS TO HELP

- 1 Sign up to participate in the Davis/Weber Walk To End Alzheimer’s on September 14, 2013 at www.alz.org
- 2 Donate a raffle prize for our Annual Luau September 19, 2013 at our front desk
- 3 Purchase a flower for our Promise Garden to represent your loved one at our front desk



Questions
on how to get involved, please contact
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